

THE

Pittsburgh International Airport Air Reserve Station, Pittsburgh Pa.



# FLYOVER

[www.pittsburgh.afrc.af.mil](http://www.pittsburgh.afrc.af.mil)

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August 2010

STAFF ASSISTANCE  
VISIT



22nd Air Force helps  
take a closer look

Page 4



# The Flyover



## On the Cover

### Staff Assistance Visit to assist wing with compliance

Preparation leads to problem areas being identified. Ensure your unit is ready by running checklists and doing self-inspections. See page 4 for details.

(Cover art by Senior Airman Joshua J. Seybert)



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## UTA Schedule

Month	A	B
August	7 & 8	21 & 22
September	11 & 12	25 & 26
October	2 & 3	17 & 18





# Commander's Comment

*Commentary by Lt. Col. Patrick S. Ryan*



## Put me in coach, I'm ready to play

They (whoever "They" are – has anyone ever seriously investigated these mysterious "they" people?) always say "never believe the rumors" before taking a new assignment, but what if the rumors, quite frankly, are pretty awesome?

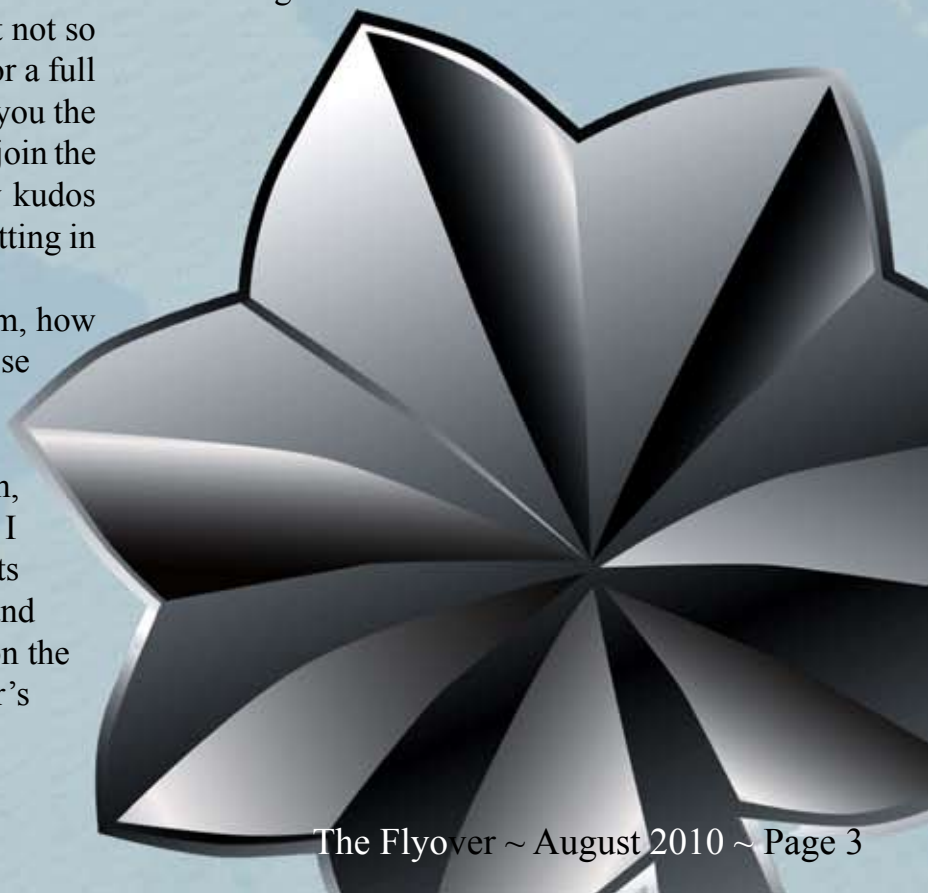
On Sunday, July 11, 2010, I assumed command of the 911th Mission Support Group. In the run-up to that event I inquired high and low for information about my new unit. What were the good things? What would I need to address? What were the pitfalls to watch for? Over and over again, from informal discussions to sit downs with senior leaders, everyone was of a single message: Pittsburgh is an excellent Wing.

I firmly believe that bad rumors are often exaggerated and good rumors often underplayed. Airmen are rightfully proud of their accomplishments, but not so prideful as to shout from the rooftops or pay for a full page ad in their local newspaper. I cannot tell you the anticipation and excitement I feel in coming to join the team at Pittsburgh. There were just too many kudos to ignore. So everyone knows what they're getting in me, let me take a paragraph to explain.

If you want a quick explanation of who I am, how I lead, and what I expect: I am a teammate. Those four words sum up just about everything. I will lead from the front or play the role asked of me as part of the whole. I will sacrifice for the team, but expect the same in return when necessary. I will give 110 percent in practice so the results in the actual game are born of my very best and expect the same from each and every person on the team with us. I will elevate those to the winner's podium who have demonstrated excellence for

all to see because they deserve such recognition; and lastly, I am a game planner as the details in the locker room beforehand are just as important as the product on the field.

My experience can be defined by one simple word: breadth: Combat Camera, Communications, Plans, Wing Executive Officer, Deputy Group Commander (home and deployed), and NAF/A6 Director. I cannot wait to submerge my own strengths into the great pool of talent that obviously calls Pittsburgh home. You have welcomed my family and I plan to return that hospitality with leadership, hard work, and even a laugh or two while we're at it. Thank you Airmen of the 911th Airlift Wing! Now let's go get on that field and win together!



# Staff Assistance Visit helps uphold standards

by Airman 1st Class Jonathan Hehny  
Public Affairs

Staff Assistance Visit team members from 22nd Air Force are scheduled to visit the Pittsburgh International Airport Air Reserve Station during the August Unit Training Assembly.

Approximately 90 SAV team members are coming to the 911th Airlift Wing to help prepare the wing for the compliance inspection in April.

Most of the SAV team members are scheduled to arrive Aug. 5 on two C-130 Hercules aircraft. Some team members, however, are slated to arrive Aug. 3 and 4 to visit financial management and the chaplain.

"The SAV team members will be here to provide training and/or assistance to the 911th personnel," said Capt. Tanaka Dunn, the wing process manager here.

In order to prepare for the SAV, functional area members need to use the checklists on the Management Internal Control Toolset to make sure they are in compliance with Air Force instructions and directives. By running checklists and doing self-inspections, discrepancies and problem areas are identified. SAV team members can help figure out how to get those areas into compliance. Problem areas noticed in self-inspections are given priority.

"We want them to look at everything," said Lt. Col. Jeff Vandootingh, director of operations for the 758th Airlift Squadron. "Don't hide anything; they'll help you fix it if they can while they are here."

Checklists need to be completed by July 30. While running the

checklists, if discrepancies are discovered or the AF instructions and directives are not clear, employees can reach out to the Air Force Reserve Command, the 22nd AF, or even other wings for clarification and assistance. Employees should keep supervisors updated on progress, as well as problems.

"This is not an inspection," said Capt. Dunn. "The SAV team members will come in, view programs and help us make sure we are doing what we are supposed to."

After the SAV, the 911th will run its own annual self-inspection of all checklists in November. This will ensure all problem areas or discrepancies are identified and corrected, not only in preparation for the CI in April, but to maintain those standards into the future.

With the downsizing of the 22nd AF, this SAV to the 911th is the last.

"They are looking into ways to provide the same guidance to wings in the future," said Capt. Dunn.

"It just won't be through formal 22nd AF visits."

Capt. Dunn said AFRC is trying to consolidate multiple inspections into one visit with the next CI. Instead of having the UCI, which evaluators only look at the unit's record keeping and disposition procedures, the CI will now encompass that inspection, as well as others.

The other inspections included in April's CI may be the Logistics Compliance Assessment Program and the Health Services Inspection, said the captain. The LCAP is an evaluation of how the maintenance, aerial port and logistics readiness squadrons perform key logistical processes and the HSI assesses medical readiness, management effectiveness and quality of health care delivery at Air Force medical units.



## Communications restructures to fit new AF mission *Consolidation to affect specialty codes and location of Airmen*

by Staff Sgt. Roberto Modelo  
Public Affairs

The mission of the Air Force is to fly, fight, and win ... in air, space and cyber space. Cyber space is new to the mission statement, but the reason is familiar to communications Airmen. New technologies make the mission more effective but also present new threats. The 911th Communications Squadron is restructuring itself to meet those new threats along with the rest of the Air Force.

In April 2008, Secretary of the Air

Force Michael Donley presented the Roadmap for Development of Cyberspace Professionals. The Roadmap puts forward the guidance to transform 16 communication Air Force Specialty Codes to 11.

"It gives them the ability to focus on technically specific areas," said Senior Master Sgt. Todd Love, 911th CS.

Initial training started for the enlisted Airmen of the 911th CS in November 2009 and officers started their training in April 2010. Although the enlisted portion of the training is wrapping-up, the total transition time is expected to be completed later in the fall of 2011.

Transitioning to these new specialties requires the communication Airmen to perform "gap" training, a form of on-the-job training that Airmen at the squadron will need to complete in order to be ready for their new AFSC requirements.

"That is just for the enlisted folks," said Capt. Scott Dieffenbach, 911th CS commander. "Officers changed AFSCs from 33S to 17D to become cyber operations officers, and I became a cyberspace control officer," he added.

Unlike their enlisted counterparts, officers will have to complete a formal

(See communications, p. 6)



# 22nd Air Force commander pays first visit to 911th General, wife visit Pittsburgh International Airport Air Reserve Station

by Airman 1st Class Jonathan Hehnl  
Public Affairs

Maj. Gen. James T. Rubeor, 22nd Air Force commander, and his wife Michele paid their first visit to the Pittsburgh International Airport Air Reserve Station during the July Unit Training Assembly, July 10 – 11, 2010.

General Rubeor visited the 911th Airlift Wing as part of his commitment to visit each 22nd AF unit since taking command April 3, 2009. The general will visit all the units to ensure Airmen have the necessary equipment and training needed to accomplish the mission. During his trips to the 13 wings of the 22nd AF, he shares the command vision, as well as collects the views and concerns of the Reserve force.

“The 911th AW has a long and distinguished history and today’s reservists are working and training hard every day to continue that legacy,” said General Rubeor.

During his visit, the general observed a mass casualty exercise, attended the 911th Mission Support Group change of command, met with the Human Resources Development Council, toured the base and spoke at the Forging Steel Wingman program.



Photo by Senior Airman Joshua J. Seybert

**Maj. Gen. James Rubeor, 22nd Air Force commander, speaks to 911th Airlift Wing Steel Wingman Program, July 10. General Rubeor gave advice about mentoring, combat readiness and maintaining personal fitness.**

After speaking briefly, the general opened the floor to discussion at the Forging Steel Wingmen seminar. Discussion topics included factors affecting Reservists such as, fitness, funding, mentoring, computer based training and Air and Space Expeditionary Force rotation.

General Rubeor emphasized the importance of being serious about fitness,

especially as Reservists, and maintaining fitness at home.

“The name of the program is Fit to Fight,” said the general. “It’s tough to work an eight to ten hour day, particularly in full body armor, in a deployed environment.”

He stressed preparing for deployment and physical fitness tests by having a regular and recurring fitness program. The general proved it works for him by participating in a physical fitness test with one unit during his visit. (See page 14 for information on health and fitness).

“The dedication and spirit of the unit members are second to none!” said General Rubeor.

The general said he had a wonderful visit to the 911th AW ending his brief, but busy stay with the family day picnic.

“I met lots of great folks who went out of their way to welcome Michele and me, and tell us about their unit and their mission and how proud they were to be members of the world’s greatest air and space force,” said General Rubeor. “The future looks very bright for the 911th AW!”



Photo by Senior Airman Joshua Seybert

**Maj. Gen. James Rubeor, 22nd Air Force commander, speaks with 911th Airlift Wing maintainers while touring the base, July 10. The visit was General Rubeor’s first as commander of the 22nd Air Force.**

# Mission Support Group changes command

by Airman 1st Class Jonathan Hehnly  
Public Affairs

The 911th Mission Support Group reins of control changed hands during a change of command ceremony July 11 in the 911th Fuel Systems Maintenance Hangar.

Lt. Col. Patrick S. Ryan took command from Col. James B. Hurley as special guest Maj. Gen. James T. Rubeor, 22nd Air Force commander, observed.

Col. Gordon H. Elwell Jr., 911th Airlift Wing commander said, "I look forward to Pat coming aboard. He's going to bring a wealth of experience and a different skill set."

Presiding over the ceremony, Colonel Elwell, thanked Colonel Hurley for his hard work and achievements during his time as commander.

Colonel Ryan is a native of New Hampshire. He entered the United States Air Force in January 1993 and was commissioned after graduating from Detachment 475, Reserve Officer Training Corps at the University of New Hampshire.

He worked in Combat Camera Operations in various locations from his commission until 2001. From 2001 to 2008, Colonel Ryan maintained leadership positions at Westover Air Reserve Base, Mass. His most recent assignment was as director of communications and information for 22nd AF at Dobbins Air Force Base, Ga., where he was responsible for development, coordination, preparation, and execution of operational, contingency, exercise, training and mobility plans and orders for all 22nd AF communications assets encompassing 13 squadrons and flights and two geographically separated units.

The lieutenant colonel will now be responsible for the 911th MSG, which consists of nearly 600 Airmen and civilian personnel assigned to Security Forces, Communications, Logistics Readiness, Mission Support, Civil Engineering and Services.

"The welcome and support given to me, to my wonderful wife Lisa and son Christopher has been superb," said Colonel



Photo by Senior Airman Joshua J. Seybert

(Right) Lt. Col. Patrick Ryan, incoming 911th Mission Support Group commander, receives the 911 MSG guidon from Col. Gordon Elwell, 911th Airlift Wing commander, during a change of command ceremony, July 11. By receiving this guidon Colonel Ryan assumes command of the 911 MSG.

Ryan. "You have welcomed us into your family."

As Colonel Hurley gave his farewell speech he spoke about the familiar concept of family here at the 911th MSG and how wonderful it has been to be a part of it over the years.

"Like I did two years ago, you are inheriting a great organization run by incredibly dedicated and talented people," said Colonel Hurley. "They trained me to be the Mission Support Group commander."

In his closing remarks, Colonel Ryan thanked Colonel Hurley for presenting him with such a terrific unit.

"I am so deeply humbled to accept the challenge of leading the 911th MSG; humbled, yet confident because it is you who we honor with this ceremony," said the new commander to his troops. "Together we are going to make the future a very bright one indeed!"

Colonel Hurley will take the position as commander for the 916th MSG at Seymour Johnson Air Force Base, N.C.

(communications cont'd from p. 4)

course called Cyberspace Operations Transitions Course (X-Course). Officers in the squadron are expected to complete

The last group within the 911th CS to be affected are civilian personnel. Like the Airmen in their squadron, they too will fall under the new AFSC

structure.

"Technology has changed, the threats to that technology have changed and continue to change at an astonishing rate over the years," said Sergeant Love. "What they are trying to do is put us in place to defend the network where just about every Air Force application resides on."

The change to the structure is welcomed by the Airmen

and civilians at the 911th CS.

"It is definitely a change in the right direction," said Sergeant Love.

Along with their AFSC change, Airmen of the 911th CS are expected to be consolidated into the newly-renovated Building 405 in the fall of 2010.

This change is the first time the squadron has been consolidated into one building

in over a decade.

Airmen or civilian personnel with any questions on how the change may affect them should contact Master Sgt. Brenda Mitchell, 911th CS Air Reserve Technician Superintendent at (412) 474-8214. Also, additional information on the AFSC changes can be found on the Air Force Portal.





Photo by Staff Sgt. Danny Irwin

Members of the 911th Aeromedical Evacuation Squadron are given the “all ready” signal by Tech. Sgt. Ivan Nwaogu during a mass casualty exercise, July 11.

# ASTS, AES hold mass casualty exercise

by Tech. Sgt. Scott Pryor  
Public Affairs

Two Pittsburgh International Airport Air Reserve Station units conducted an annual mass casualty exercise during the July unit training assembly.

The 911th Aeromedical Staging Squadron and the 911th Aeromedical Evacuation Squadron joined together for

a Contingency Aeromedical Staging mission, along with a required yearly mass casualty scenario. Patients were prepared for flight at ASTS, transported to the flightline and then the litters were loaded by AES on a C-130 with its engines running.

“This training continues to support our mission when we deploy, as well as giving

valuable training to our unit members,” said Lt. Col. Gabe Shoffstall, ASTS medical readiness officer in charge. “The dual role of the ASTS, with both peace time and war time missions, makes this ongoing training invaluable for the unit and the wing.”

For AES, the aircrew was evaluated on its ability to provide aeromedical evacuation patient movement and supportive care, manage aeromedical evacuation flight crews, mission management and patient tracking, aircraft configuration, and patient loading and unloading.

“The exercise went smoothly and the crew worked well together,” said Staff Sgt. Cyrus Eveland, AES second aeromedical evacuation technician. “AES and ASTS worked very effectively and efficiently together. We smoothed out things that we



Photo by Staff Sgt. Danny Irwin

Members of the 911th AES launch a recovery team and transport a simulated victim to a C-130 Hercules aircraft during an annual mass casualty scenario.

needed to work on – like communication.”

Colonel Shoffstall received 22nd Air Force approval for the exercise to gain CASF sustainment credit for ASTS, which is good for 2 years.



Photo by Senior Airman Joshua J. Seybert

Senior Master Sgt. Maureen Reitz, 911th Aeromedical Staging Squadron medical technician superintendent, lays on a litter, awaiting transport.



# Family Day 2010 Something for everyone

by  
**Tech. Sgt. Scott Pryor**

Whether you wanted to see an aircraft on static display, go rock climbing or just eat a hamburger and get something to drink, it was all available during the 911th Airlift Wing's Family Day Picnic on Sunday July 11.

"This was probably the best Wing Family Day Picnic we've had because we added new events and it was a beautiful day weather wise," said Beth Bruker Walos, 911th Services Director. "Since it is the Year of the Air Force Family, we had special money available to contract professional acts which freed up the need for 911th family members from volunteering to man attractions resulting in greater uninterrupted time with their own family."

Events returning from last year included the dunk tank, Living Treasures petting zoo, John Woods' professional air brush tattoos, quarterback challenge/corn hole/bean bag toss, and teen area. Also returning were characters in Star Wars Costumes from the 501st Legion, Disney Princesses, static displays of a KC-135 Stratotanker from the 171st Air Refueling Wing of the Pennsylvania Air National Guard, 911th Airlift Wing C-130 Hercules and Lifeflight Helicopter from the Allegheny Health System. Of course, there was also lots of food and drink. The food was served up by the base's senior leadership.

Karen Botti, a Reservist's family member, said, "I am so glad that we were invited to Family Day. Great food,

entertainment and time spent with family. My kids want to go back again."

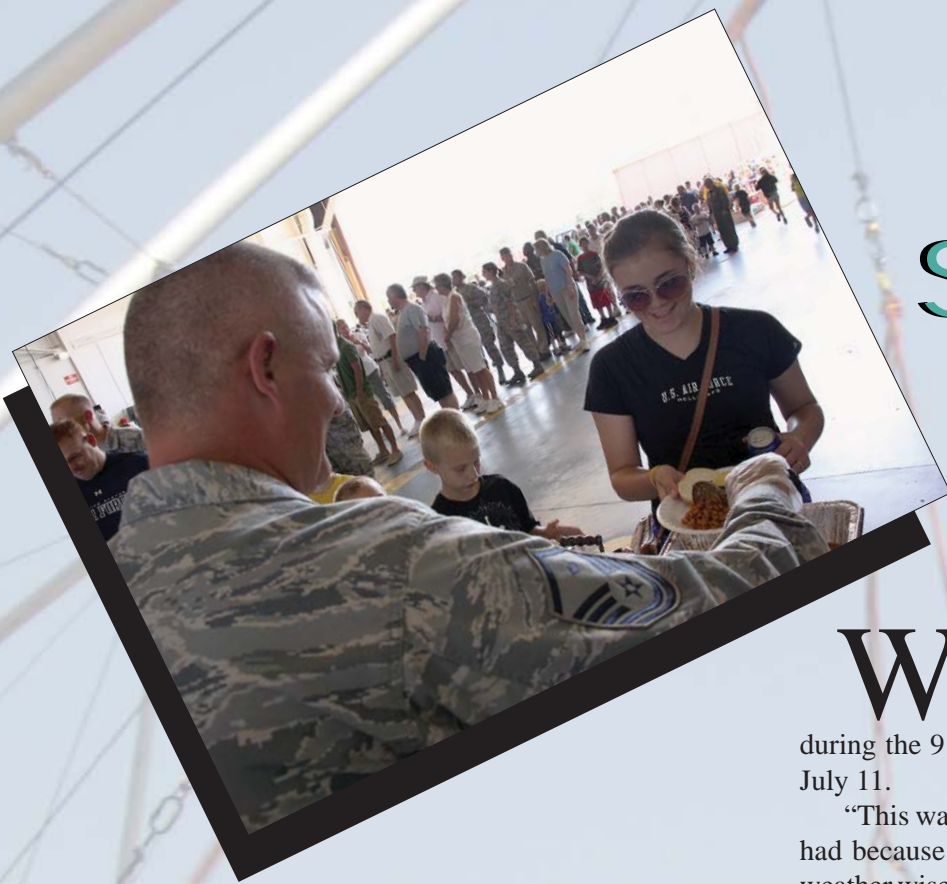
New events this year included: pony rides, professional hair braiding, professional face painting, Security Forces static Hummer, various donated or sponsorship giveaways and a Kids Zone with rock climbing wall, Euro bungee jumper, air bounce slide and house,.

"I had adults come up and say they didn't realize how big Family Day is," said Ms. Bruker Walos.

Disney Princesses were again members of the 911th Aeromedical Staging Squadron. Staff Sgt. Heather Efaw was Sleeping Beauty, Staff Sgt. Jenna Black was Tinker Belle and Senior Airman Heather Reynolds was Alice in Wonderland.

Security Forces set up a weapons display and Pittsburgh Military Family Support (formerly Key Spouses Group) and Family Readiness had information tables. Music entertainment was provided by DJ Franco Karaoke and DJ Services from Ellwood City. Professional face painting was provided by T.L. Starr and Company and hair braiding was done by Theresa Halstead.

Ms. Bruker Walos said, "So many people on this base pulled together and pitched in to make this a dynamic event that all could enjoy. We are looking forward to next year's Family Day. We hope to make it even bigger and better than this year's."





# Air Force civilians convert to GS classification

## *DOD employees transition back to previous pay system*

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**Airman 1st Class Jonathan Hehnlly**  
**Public Affairs**

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After being operational for less than four years, the Department of Defense decided to abandon the controversial National Security Personnel System and convert back to the General Schedule pay system.

All Air Force civilians under NSPS, at the Pittsburgh International Airport Air Reserve Station, converted back to GS July 18.

"The pay pool process and performance appraisal application that were part of NSPS seemed to provide major problems for a lot of supervisors and employees," said Ms. Debi Wasko, a human resource specialist here. "It was too time intensive, too complicated and not user friendly."

The 911th Airlift Wing's transition was part of the Air Force's phase program with four effective dates beginning with July 4 and ending Sept. 12. Four or five AF Reserve bases will convert from NSPS to GS during each phase, said Mr. Lee R. Hutchinson, chief of civilian personnel here. Dobbins, Fort Worth, Grissom, Homestead, March and Westover air force bases converted with the 911th AW in the second phase.

The DOD instituted the NSPS in mid-2006; however, the legislation which implemented it was repealed Oct. 29, 2009 by the Fiscal 2010 National Defense Authorization Act. The conversion of all DOD employees back to their previous pay system transitions fully by Jan. 1, 2012.

"No one will lose money upon conversion," said Mr. Hutchinson.

An employee's current NSPS pay is used to determine the appropriate step on the GS for their classified grade. If the employee's pay ends up between steps they are bumped to the step above. If an NSPS employee's current pay exceeds step 10 of their former GS grade, then the employee is placed on pay retention to ensure they do not lose pay upon conversion.

Because the NSPS cycle is slated to close out before a full ratings cycle is completed, there are no award payouts.

"All employees converting back to GS will again be eligible for awards at the close of the GS appraisal period ending March 31, 2011," said Ms. Wasko.

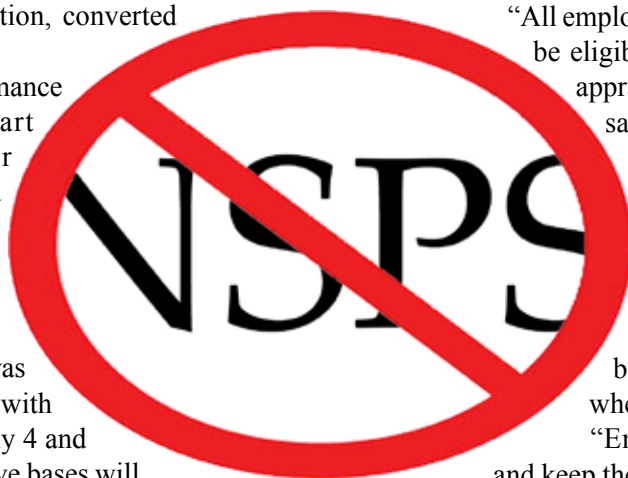
Although GS is in effect with the start of the new pay period July 18, former NSPS employees and supervisors still have to complete plans, self assessments, and appraisals in the PAA. Appraisals must be completed by Aug. 4 and become effective Oct. 15 when the PAA is scheduled for closeout.

"Employees will still receive a rating and keep the right to file a reconsideration, but no awards will be involved," said Ms. Wasko.

This transition to GS will affect 34 of the 165 Air Reserve technicians, 49 of the 120 civilians and 6 of the 11 student hires who work at the 911th on a daily basis.

There is a calculator, the NSPS Transition Simulator, to help employees understand the NSPS to GS transition process, which is located at <http://www.cpms.osd.mil/nsps/transition>.

Mr. Hutchinson said anyone who is affected by the conversion is able to view their GS conversion grade, step and pay rate through the "My Biz" website by logging on to the Air Force Portal.



## Force Development system expands to include officers, civilians

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**by Tech. Sgt. Scott Pryor**  
**Public Affairs**

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Officers and civilians now have access to My Development Plan, which gives members access to a single source where they can read about Force Development areas.

MyDP is intended to be a Force Development portal. It can be accessed to find Air Force level and career field specific information, online discussion forums, personal records and an interactive mentor or mentee career development

plan. The information allows members to set appropriate goals and make informed personal and professional development decisions.

"By taking part in MyDP, you're investing in yourself," said Maj. Lowell Bingham, 911th Mission Support Flight commander. "You can ensure that you get credit for what you've done. Without a plan, you can't go forward in your career."

My Enlisted Development Plan became available in October 2006 and provided information on education, training and experience for rank and

career field information for enlisted members.

In March 2010 the MyDP was expanded to include officers – My Officer Development Plan – and civilians – My Civilian Development Plan.

Planned future enhancements include an interactive career pyramid and the ability for selected mentors to view mentees records through the secure online environment.

MyDP can be accessed through the Air Force Portal, on the Force Development page or Air Force Personnel Center Secure.





# Employer's Day 2010

## October 02, 2010



### Employer information

Name & Title:

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Company/Organization Name:

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Mailing Address:  
(Please include city, state & zip code)

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Daytime Phone Number:

---

Signature:

Date:

---

### Reservist Information

Name & Rank:

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Unit/Office Symbol/Duty Phone:

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Home Mailing Address:  
(Please include city, state & zip code)

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Daytime Phone Number:

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Signature:

Date:

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Deadline for nominations is

**August 31, 2010**



**\*\*See back for submission guidelines and additional information\*\***



## Employer's Day Guidelines:

1) You may nominate no more than two legitimate employers in your direct line of supervision. It is possible that both employers will not receive an invitation depending on overall wing participation. Therefore, Reservists who nominate multiple employers will be contacted to decide which nomination would be their primary choice. Please nominate only one person per form and print or write legibly.

2) Though we would like to accomodate all our employers, please do not promise your invitation. Spaces are limited for the program and even more limited for the orientation flight aboard a C-130. There are 60 spots available for the flights and they will filled on a first come, first served basis.

3) Please return this form to the Public Affairs office no later than **Aug. 31, 2010**. Please mail the form in a standard business size envelope to the address below or fax both sides of this form to (412) 474-8104. If you have questions or require additional information please call (412) 474-8511.

**Return completed form to:**

Pittsburgh International Airport Air Reserve Station  
c/o Public Affairs Office  
Building 316, Suite 227  
2475 Defense Ave.  
Coraopolis, PA 15108

4) The program is limited to your employer only and due to program limitations spouses or children are not able to participate. Additionally, nominating Reservists are not authorized to participate in the orientation flight or luncheon portion of the program.

5) Your employer should expect to be on base all day. They will see how today's Airmen prepare to deploy, enjoy a flight aboard one of our C-130 aircraft, and visit your workcenter.

Please use the space provided below to describe how your civilian employer supports your service to the 911th Airlift Wing and the Air Force Reserve. This is the perfect opportunity to thank your employer for being a part of your military success and for directly supporting today's Air Force Reserve.

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# Air Force trims fat on physical fitness program with new stricter standards

by Senior Airman Joshua J. Seybert  
Public Affairs

Recently the Air Force committed to delivering a more fit to fight force, by revamping their physical fitness program. The program's main focus is for Airmen to maintain peak combat readiness throughout the entire year. The new program will consist of changes being made to the standards of the physical fitness test, as well as, overall testing procedures.

Another major change to the program was the Increase in testing frequency from once to twice a year. However, the program will reward those in excellent physical fitness by reducing their testing frequency from two to one time a year only with a score of 90 percent or better. Those Airmen who score an excellent will also receive an 'optional wear' patch for on their Physical Training Uniform.

With testing being administered twice a year questions on where Airmen will test during cold and inclement weather have arisen.

"We are developing an indoor plan to accommodate testing during the winter months and we are open to all ideas and options our unit members may have. This program belongs to all of us, and developing an excellent program will deliver excellent scores and results," said Tamara Davis, 911th Services Squadron fitness director.



Photo by Senior Airman Joshua J. Seybert

**Capt. Frank Mercurio, 911th Mission Support Group executive officer, performs a sit-up while exercising, July 26. Airmen are encouraged to exercise regularly to keep themselves fit to fight.**

Another change associated with the new fitness program is who administers the tests. According to the new regulations a civilian Fitness Assessment Coordinator must administer each test.

"As of right now there are no civilian fitness assessment coordinators on base, so we will be continuing to have tests administered the same way we have in the past until the appropriate personnel are hired," said Master Sgt. Tom Borst, 911th Airlift Wing unit fitness program manager.

Although tests will be administered

the same, standards have changed. The assessment is more difficult than assessments in the past with the run counting towards 60 points, body composition 20 points, and push-ups and sit-ups counting for 10 points each. Also, Airmen must score a 75 or higher and score above the minimums in all 4 categories in order to pass the new Air Force Fitness Assessment.

If interested in learning more about the PT program or would like health and fitness information, please call (412) 474-8245 or visit the gym on base located in BLDG 120.

## Healthy Eating Recipe: Mighty Vity Smoothie

- 8 oz. Milk
- 4 oz. Yogurt
- Handful of Spinach
- Frozen Mixed Berries
- Shredded Carrots
- Banana
- 1/4 cup Oatmeal
- 1 teaspoon flaxseed

Mix ingredients together in a blender and enjoy

## Fitness Center Events and Classes for August

### EVENTS

Beat-the-Heat 3K  
-11:30 a.m. Aug. 5  
UTA softball continued  
-Aug. 7  
Golf Tournament  
-11 a.m. Aug. 20  
Be Kind to Human  
Kind 3k Run/Walk  
-11:30 a.m. Aug. 24

### CLASSES

Zumba  
-10 a.m. Mondays  
Circuit Training  
-11 a.m. Mondays, Wednesdays  
& Fridays  
Spinning  
-4 p.m. Tuesdays  
Yoga  
-4 p.m. Wednesdays



# News Briefs

## FitFamily

FitFamily is a goal incentive program that is open to all active duty, Reserve and Guard members, Department of Defense and civilian families, retired military members, honorably discharged veterans with 100 percent service-connected disability, and former or surviving military spouses and their family members.

To enroll in the program, families can log on to <http://www.USAFitFamily.com> and click on "Register My Family." The system will send a password to each family member's e-mail. Additionally, the interactive FitFamily Web site also provides resources, ideas and goal setting tools to help Air Force families be active, make healthy nutrition choices and have fun in an effort to promote overall wellness.

## Military Appreciation Day

Military Appreciation Day at Kennywood Amusement Park will be held Sept. 25 from noon to 10 p.m. Tickets on sale now through the ITT department at the Fitness Center. Cost is \$14

## Free Museum Admission

This summer, more than 600 museums in all 50 states are offering free admission to military personnel and their families from Memorial Day through Labor Day to show their appreciation for those who are serving this nation.

Here's some basic information, but please check the FAQs for further details: <http://www.arts.gov/national/bluestarmuseums/faq.html>

Active duty, Reservists and National Guard military members and up to five immediate family members can gain free access by showing either a Geneva Conventions CAC ID or a DD Form 1173

ID card at the museum admissions desk.

Immediate family members under the age of 10 must be accompanied by an appropriate ID holder. Some special or limited-time museum exhibits may not be included in this free admission program, so check with the museum directly.

For more information please visit: <http://www.arts.gov/national/bluestarmuseums/index.php?st=PA#list>

Below are some local museums that are participating in the event:

Carnegie Museum of Art  
Carnegie Museum of Natural History  
Children's Museum of Pittsburgh  
Frick Art and Historical Center  
The Andy Warhol Museum  
Manderino Gallery

## 911th Group Outing

The Pittsburgh Pirates 911th Group Outing is scheduled for Aug 18. The Pirates will play the Florida Marlins at 7:05 p.m. 911th Airlift Wing Recruiting will host an on field enlistment for 10 new recruits. Tickets are on sale now through the ITT Department at the Fitness Center. You have a choice of either a \$10 outfield box seat or \$21 third base line seat and a Roberto Clemente replica jersey.

## ITT tickets

Tickets can be purchased through the ITT department at the Fitness Center Monday through Friday 8 a.m. to 5 p.m. UTA weekend hours are Saturday 10 a.m. to 4 p.m. and Sunday 8 a.m. to 2 p.m. Call 474-8245 for questions.

ZOO – \$9  
SANDCASTLE – \$18  
KENNYWOOD – \$22.50

## Golf Scramble

The Moon Golf Scramble is scheduled for Aug. 20 at the Moon Golf Course. A sign up sheet is available at the Fitness Center front counter. Fees must be paid to the Moon Golf Course directly. Those interested must sign up and pay by Aug. 13 to lock in tee times. Price includes:

- \$33 — 18 holes with golf cart
  - \$34 — 18 holes with golf cart, hot dog and fountain drink
  - \$35 — 18 holes with golf cart, deli sandwich and fountain drink
- Prizes too!

## Yellow Ribbon ReIntegration

Deploying soon? Just returned from a deployment? Family member of a deployed Airman? Contact MSgt Anthony Cunningham, (412) 398-3670, about Yellow Ribbon Reintegration Events.

Scheduled Events: August 27, 28 & 29 at the Kalahari Resort in Sandusky, Ohio.

## Pay Dates

**Primary  
August 18**

**Secondary  
September 1**





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